

COMMUNITY CARE LICENSING DIVISION

*"Promoting Healthy, Safe and
Supportive Community Care"*

TECHNICAL SUPPORT PROGRAM

Self-Assessment Guide

ADULT COMMUNITY CARE FACILITIES (CCFs) INCIDENTAL MEDICAL SERVICES



CDSS

CALIFORNIA
DEPARTMENT OF
SOCIAL SERVICES

**TECHNICAL SUPPORT PROGRAM
ADULT COMMUNITY CARE FACILITIES (CCFs)
INCIDENTIAL MEDICAL SERVICES**

Table of Contents

	<u>Page</u>
Introduction	3
Definitions.....	3-4
Types of Conditions	4-5
Plan Of Operation	5-6
Clients With Metered-Dose Inhalers And Dry Powder Inhalers	6
Clients Who Require Oxygen	7
Clients Who Rely Upon Others To Perform All Activities Of Daily Living	7-9
Care For Clients Who Lack Hazard Awareness Or Impulse Control.....	9-11
Care For Clients With Incontinence	11-12
Care For Clients With Contractures.....	12
General Requirements For Restricted Health Conditions	12-14
Restricted Health Conditions Care Plan	14-15
Use Of Inhalation-Assistive Devices	15
Colostomy/Ileostomy	16
Fecal Impaction Removal/Enemas/Suppositories	16-17
Indwelling Urinary Catheter & Procedures	17
Staph Or Other Serious, Communicable Infections	18
Insulin-Dependent Diabetes	18-19
Wounds or Stage 1 or 2 Dermal Ulcers	20
Gastrostomy Feeding, Hydration and Care	20-21
Tracheostomies	21

TECHNICAL SUPPORT PROGRAM ADULT COMMUNITY CARE FACILITIES (CCFs) INCIDENTAL MEDICAL SERVICES

INTRODUCTION

The Community Care Licensing Division recognizes that licensees may provide varying degrees of care for adult clients in an Adult Community Care Facility (CCF). The need for incidental medical services has been addressed by allowing clients with certain health conditions into an Adult CCF when specific requirements are met. **These guidelines pertain only to Adult CCFs, which include Adult Residential Facilities (ARFs), Social Rehabilitation Facilities (SRFs), Adult Day Care Facilities (ADCs), and Adult Day Support Centers (ADSCs).**

This guide summarizes the requirements and procedures that need to be followed to allow or keep a client in an Adult CCF who needs health-related services. ***The guide cannot be used as a replacement for the regulations themselves or as a substitute for a good working knowledge of the regulations.***

DEFINITIONS

Adult Day Care Facility (ADC): Any facility of any capacity that provides care and supervision to adults on less than a 24-hour per day basis.

Adult Day Support Center (ADSC): A community-based group program designed to meet the needs of functionally impaired adults through an individual plan of care in a structured comprehensive program that provides a variety of social and related support services in a protective setting on less than a 24-hour per day basis.

Adult Residential Facility (ARF): Any facility of any capacity that provides 24-hour per day non-medical care and supervision to adults who are under 60 years of age.

Colostomy: An artificial opening into the colon (large intestine) for the elimination of feces.

Contractures: Abnormal shortening of muscle tissue rendering the muscle resistant to gentle stretching.

Delayed-Egress Device: A special time-delay, egress-control device that precludes the use of an exit for a predetermined period of time. **This device can only be used in an ARF and must not delay a client's departure from the facility for longer than 30 seconds. [80001(d)(2)(A) – (C)]**

Dermal/ Decubitus Ulcer: A breakage of the skin caused by long term unrelieved pressure. This could result in a blister of any size, reddening of the skin, breaking of the skin, damage to the muscle and fascia or in very severe cases, result in a deep open area surrounded by dead tissue.

Gastrostomy: Surgical procedure of a gastric tubelike passage into the stomach for feeding.

Ileostomy: An artificial opening in the small intestine for elimination of feces.

Indwelling Urinary Catheter: A tube inserted through the urethra into the bladder for withdrawal of urine

Inhalation-Assistive Device: Any equipment that assists a client to breathe, including, but not limited to, aerosol delivery devices, nebulizers, humidifiers, incentive spirometry devices, positive airway pressure devices, positive expiratory pressure devices, and intermittent positive pressure breathing (IPPB) machines.

DEFINITIONS (Continued)

Insulin-Dependent Diabetes: A hormone secreted by the beta cell of the islets of Langerhans of the pancreas. It is a preparation used in medical treatment of diabetes.

Licensed Professional: A person who is licensed in California to provide medical care or therapy. This includes physicians and surgeons, physician assistants, nurse practitioners, registered nurses, licensed vocational nurses, psychiatric technicians, physical therapists, occupational therapists and respiratory therapists who are operating within their scope of practice.

Metered-dose inhalers: A device that produces a pre-measured dose of medication in a vapor or mist, allowing for consistency in dosing. Each spray contains the same amount of medication.

Naso-gastric and naso-duodenal tubes: A tube inserted through the nose into the stomach or duodenum for feeding.

Physician's Designee: A licensed health professional who is providing medical care that he/she is allowed to give under his/her license and who is appointed by the client's physician to care for the client.

Social Rehabilitation Facility: Any facility that provides 24-hour a day nonmedical care and supervision in a group setting to adults recovering from mental illness who temporarily need assistance, guidance and/or counseling.

Staph or Other Serious, Communicable Infections: An infection caused by the bacterium *Staphylococcus*, usually occurring in clusters and causing boils, septicemia, and other contagious infections that is transmitted through direct contact with an infected individual or indirectly through an organism such as a mosquito.

Tracheostomy: Artificial opening in the throat and trachea to assist with breathing.

Universal Precautions: An approach to infection control that treats all human blood and body fluids (mucous, saliva, urine, etc.) as if they are infectious. Generally, universal precautions consist of handwashing after coming into contact with body fluids of any kind and wearing latex gloves when handling blood or body fluids that contain blood. Staff should clean with disinfectants and properly dispose of infectious materials.

TYPES OF CONDITIONS

The regulations group the health conditions into three main categories:

1. PROHIBITED HEALTH CONDITIONS: Clients with the following health conditions **cannot** be admitted to or allowed to stay in Adult CCFs (Section 80091):

- Naso-gastric and naso-duodenal tubes.
- Active, communicable tuberculosis (TB).
- Conditions that require 24-hour nursing care and/or monitoring.
- Stage 3 and 4 dermal ulcers.
- Any other condition or care requirement that would require the facility to be licensed as a health facility as defined by Sections 1202 and 1250 of the Health and Safety Code.

2. CONDITIONS OF LIFE: Clients with the following conditions of life are allowed in Adult CCFs if the licensee meets the requirements for care:

- Clients with metered-dose inhalers and dry powder inhalers (80075(a)(2)(A), (B)).

TYPES OF CONDITIONS (Continued)

- Clients who require oxygen (80075(h)).
- Clients who rely upon others to perform all activities of daily living (80077.2).
- Clients who lack hazard awareness or impulse control (ARFs only) (80077.3).
- Clients with incontinence (80077.4).
- Clients with contractures (80077.5).

3. RESTRICTED HEALTH CONDITIONS: Clients with restricted health conditions are allowed in Adult CCFs when the licensee meets the requirements for restricted health conditions and the requirements specified under each individual condition. The licensee must request an exception from the local licensing office to care for a client with a restricted health condition not listed below:

- Inhalation-Assistive Devices (80092.3)
- Colostomy and Ileostomy Care (80092.4)
- Fecal Impaction Removal, Enemas or Suppositories (80092.5)
- Indwelling Urinary Catheter/Catheter Procedure (80092.6)
- Staph or Other Serious, Communicable Infections (80082.7)
- Insulin-Dependent Diabetes (80092.8)
- Wounds (unhealed, surgically closed) or Stage 1 or 2 Dermal Ulcers (80092.9)
- Gastrostomies (80092.10)
- Tracheostomies (80092.11)

80022 PLAN OF OPERATION

Each licensee must have and maintain on file a current, written Plan of Operation. Any changes to the Plan of Operation must be reported to the local licensing regional or unit office within ten (10) working days as specified in Section 80061. The Plan of Operation must include information on the following:

- If the licensee of an **ARF** with six or fewer clients plans to use delayed-egress devices, the plan must meet the requirements of Health and Safety Code Sections 1531.1(g) and (h) and regulation Sections 80022(g) and (h) by including the following:
 1. A description of how the facility is to be equipped with egress-control devices that are consistent with regulations adopted by the State Fire Marshal pursuant to Health and Safety Code Section 13143.
 2. A description of how the facility will provide training for staff regarding the use and operation of the egress-control devices utilized by the facility.
 3. A description of how the facility will ensure the protection of clients' personal rights.
 4. A description of how the facility will manage a client's lack of hazard awareness and impulse control behavior.
 5. A description of the facility's emergency evacuation procedures.
- If the licensee intends to admit or care for one or more clients who have a restricted health condition as specified in Section 80092, facility policies and a program description must be included with the Plan of Operation. At a minimum, the information related to those clients and their needs must specify all of the following:
 1. The type(s) of restricted health condition that the licensee plans to care for.
 2. The licensee's plan(s) for serving a client(s) with the type(s) of restricted health condition(s) identified in #1 above.

80022 PLAN OF OPERATION (Continued)

- a) If the licensee plans to admit or care for one or more clients who have a staph or other serious, communicable infection, the plan must include:
 - A statement that all staff will receive training in universal precautions within the first ten (10) days of employment, and before providing care to these clients.
 - A statement of how the licensee will ensure that the training is obtained, and the name and qualifications of the person or organization that will provide the training.
3. The services that will be provided.
4. Staffing adjustments, if needed, that will be made in order to provide the proposed services (including increasing staffing, hiring staff with different qualifications, using licensed professionals as consultants, and/or hiring licensed professionals).
- If the licensee intends to admit or care for one or more clients who rely upon others to perform all activities of daily living, the Plan of Operation must include a statement that demonstrates the licensee's ability to care for these clients. This statement may include but need not be limited to:
 1. The licensee's experience in providing care to these clients.
 2. The licensee's experience providing care to a family member with this condition.
 3. The licensee's plan to hire staff who have experience providing care to these clients, and documentation of what the staff person's experience has been.
 4. Documentation of training the licensee and/or staff have completed specific to the needs of these clients.
 5. History of continued placements by a Regional Center.
- If the licensee intends to admit and/or specialize in care for one or more clients with behaviors that result in harm to self or others, the facility Plan of Operation must include a description of precautions that will be taken to protect that client and all other clients.

CONDITIONS OF LIFE

80075(a)(2)(A) & (B) CLIENTS WITH METERED-DOSE INHALERS AND DRY POWDER INHALERS

A client who requires assistance with a metered-dose inhaler or a dry powder inhaler will be allowed in an Adult CCF as long as the licensee ensures the following care conditions:

1. Facility staff who have received supervision and training from a licensed professional may assist clients provided the licensee meets the following requirements:
 - a) Obtains from the licensed professional written documentation that outlines the procedures for assisting a client with a metered-dose inhaler or a dry powder inhaler and identifies the names of facility staff who received related training.
 - b) Ensures that the licensed professional reviews staff performance as often as the licensed professional thinks necessary, but not less than once a year.
2. In ADCs and ADSCs, staff may be trained by the client's family or primary caregiver. The same documentation and supervision requirements described above shall apply.

CONDITIONS OF LIFE

80075(h) CLIENTS WHO REQUIRE OXYGEN

When a client requires the use of oxygen in an Adult CCF, the licensee is responsible for the following:

1. The licensee must monitor the client's ongoing ability to operate and care for the equipment and to follow the physician's instructions, or the licensee must do the following if the client is unable to provide self-care:
 - a) In **ARFs** and **SRFs**, ensure that there are enough staff trained in the use and care of the equipment and that those staff receive training and supervision from a licensed professional.
 - The licensee must obtain from the licensed professional written documentation outlining the procedures and the names of staff who received the training.
 - The licensee must ensure that the licensed professional reviews staff performance as often as the licensed professional thinks it is needed, but at least once a year.
 - b) In **ADCs** and **ADSCs**, ensure that an adequate number of staff are trained to operate and care for the equipment and that those staff receive training from the client's family or primary care provider. In addition, the licensee must maintain in the client's file documentation of the staff training and identify which staff members were trained.
2. The licensee must do the following if oxygen equipment is in use:
 - a) Make a written report to the local fire department that oxygen is in use.
 - b) Post "No smoking – Oxygen in Use" signs in appropriate areas.
 - c) Ensure that smoking is prohibited where oxygen is in use.
 - d) Check all electrical equipment for defects that may cause sparks.
 - e) Secure oxygen tanks that are not portable either in a stand or to the wall.
 - f) Ensure plastic tubing from the mask to the oxygen canister is long enough to allow the client to move within his/her room, but does not constitute a hazard to the client or others.
 - g) Ensure that a portable oxygen source is used when a client is outside of his/her room or when walking in a day care setting.
 - h) Ensure that the oxygen equipment is operable, and that staff have the knowledge and the ability to operate and care for the equipment.
 - i) Ensure that the equipment is removed from the facility when no longer in use by the client.

CONDITIONS OF LIFE

80077.2 CLIENTS WHO RELY UPON OTHERS TO PERFORM ALL ACTIVITIES OF DAILY LIVING

A client who relies upon others to perform ALL of his/her activities of daily living may be admitted to or remain in an Adult CCF if all of the following care conditions are met.

80077.2 CLIENTS WHO RELY UPON OTHERS TO PERFORM ALL ACTIVITIES OF DAILY LIVING (Continued)

Prior to accepting the client into care, the licensee must complete the following:

1. An approved facility Plan of Operation showing the licensee's ability to provide care for these clients as specified in Section 80022(e).
2. A Needs and Services Plan (Section 80068.2) that includes:
 - a) A plan to monitor the client's skin condition, including:
 - Specific guidelines for turning the client (time, method, acceptable positions).
 - Skin breakdown.
 - Observable symptoms, that a nonmedical caregiver may notice so that he/she will know when to contact a licensed professional.
 - b) A method for feeding and hydrating the client.
 - c) A method for determining the client's needs.
 - d) A method for communicating with the client.
 - e) A list of emergency contacts and a list of easily observable conditions that indicate the need for emergency intervention.
 - f) A list of persons to contact for non-emergency client distress or discomfort and a list of observable conditions that indicate when the licensee must contact those individuals.
 - g) A description of client-specific training that facility staff will receive. The training must be provided by the client's doctor or nurse, the client's physical or mental health therapist, social worker or placement worker, within their individual scope of practice, in the following areas:
 - Client needs.
 - Observable symptoms indicating when the licensee is to contact health care professionals for assistance.
 - In an **ADC** or **ADSC**, the training may be provided by the client's primary caregiver, including the client's family, or by the administrator of the facility where the client lives.
 - h) In an **ARF** or **SRF**, an agreement, signed by the Regional Center or other placement agency, or the client's authorized representative, to review the client's care at least once a month.
 - i) The licensee's agreement to document significant changes in the client's physical, mental and/or functional capabilities. This documentation must be kept in the client's record in the facility and be readily available for review by the client's health care providers and the Department.
3. The Department may require any additional information it considers necessary to ensure the safety of clients.
4. If the client has one or more of the restricted health conditions specified in Section 80092, the license must also comply with all requirements of Article 8, Incidental Medical Services.

80077.2 CLIENTS WHO RELY UPON OTHERS TO PERFORM ALL ACTIVITIES OF DAILY LIVING (Continued)

5. For **ARFs** and **SRFs** day staff-client ratio (Sections 85065.5, 81065.5), staffing shall be maintained as required by the Regional Center but not less than one direct care staff to three clients.
6. For **ARFs** and **SRFs** (Sections 85065.6, 81065.6), night supervision shall be maintained as required by the Regional Center but not less than one person on duty, on the premises and awake for seven or more clients; and one additional person on duty, on the premises and awake for every additional fourteen clients.
7. For **ADCs** and **ADSCs** staff-client ratio (82065.5, 82565.5), staffing shall be maintained as specified by the Regional Center but not less than one direct care staff to four clients.

CONDITIONS OF LIFE

80077.3 CARE FOR CLIENTS WHO LACK HAZARD AWARENESS OR IMPULSE CONTROL (ARFs Only)

If a client requires protective supervision because of behaviors such as running/ wandering away, supervision may be improved by fencing yards, using self-closing latches and gates, and installing operational bells, buzzers, or other auditory devices on exterior doors to alert staff when a door is opened.

1. Exit alert devices such as wristbands and other egress-alert devices may be used if the following conditions are met:
 - a) The client has given prior written approval. If the client is legally not capable of giving his/her agreement, prior written approval would be required by the client's authorized representative.
 - b) Devices utilized must not violate the client's personal rights (see Section 80072).
2. **ARFs** may use a delayed-egress device if the client does not have hazard awareness or impulse control, and as long as the facility agrees to comply with Sections 80001d.(3)(A) – (C) and subsections (A) and (B) below:
 - A. The following initial and continuing requirements must be met for the licensee to use delayed-egress devices on exterior doors or perimeter fence gates:
 - a) The licensee will notify the Department immediately after determining the date that the device will be installed.
 - b) The licensee will ensure that the fire clearance includes approval of delayed-egress devices.
 - c) The licensee will ensure that a disaster and mass casualty plan is developed that meets the requirements in Section 80023 and addresses the safety of these clients. The licensee must follow this plan and conduct fire and earthquake drills at least once every three months on each shift and must include, at a minimum, all facility staff who provide or supervise client care and supervision.
 - d) Without violating Section 80072 (personal rights), facility staff must attempt to redirect a client who attempts to leave the facility.

80077.3 CARE FOR CLIENTS WHO LACK HAZARD AWARENESS OR IMPULSE CONTROL (ARFs Only) (Continued)

- e) Clients who continue to indicate a desire to leave the facility following an egress delay must be permitted to do so.
 - f) Without violating Section 80072 (personal rights), facility staff must ensure the continued safety of clients when they wander away from the facility.
 - g) The licensee must report to the Department, to the client's conservator or other responsible representative, if any, and to any family member who has requested notification of each incident in which a client wanders away from the facility. The report must be made by telephone no later than the next working day and in writing within seven calendar days.
 - h) Delayed egress-devices must not substitute for having enough trained staff to meet the care and supervision needs of all clients and to escort clients who leave the facility.
- B. The licensee must comply with Health and Safety Code Section 1531.1, which is summarized below:
- a) "A delayed-egress device" means a device that prevents a client from using the exits for a period of time not to exceed 30 seconds.
 - b) During the 30 seconds of delay, facility staff may try to redirect a client who tries to leave the facility.
 - c) Any person admitted to an **ARF** with delayed-egress devices must meet all the following conditions:
 - The person must have a developmental disability as defined in Section 4512 of the Welfare and Institutions (W&I) Code.
 - The person must be receiving services and case management from a Regional Center under the Lanterman Developmental Disabilities Services Act.
 - An Interdisciplinary Team, through the Individual Program Plan (IPP) process pursuant to W&I Code Section 4646.5, must have decided that the person lacks hazard awareness or impulse control and needs the level of supervision provided by a facility equipped with delayed-egress devices. They must also decide that without this placement, the person would be too much of a risk for a community care facility and would have to stay in a higher level of care.
 - d) The facility must follow all fire and building codes, regulations, and standards that apply to RCFEs (specified in 2.A. a) – h)) using delayed-egress devices, and must get approval for the installed delayed-egress device from the fire district.
 - e) The facility must provide staff training regarding the use and operation of the egress-control devices used by the facility, the protection of clients' rights, lack of hazard awareness and impulse control behavior, and emergency evacuation procedures.
 - f) The facility must develop a Plan of Operation that is approved by the Department as specified in Section 80022(g) and that describes how the facility will meet the regulations adopted by the State Fire Marshal. The plan must include, but not be limited to:

80077.3 CARE FOR CLIENTS WHO LACK HAZARD AWARENESS OR IMPULSE CONTROL (ARFs Only) (Continued)

- A description of how the facility will provide training for staff regarding the use and operation of its egress-control device.
 - A description of how the facility will ensure the protection of the clients' personal rights.
 - A description of how the facility will manage a client's lack of hazard awareness and impulse control behavior.
 - A description of the facility's emergency evacuation procedures.
- g) The licensed capacity of the facility cannot be more than six clients.
- h) Emergency fire and earthquake drills must be conducted at least once every three months on each shift, and must include all facility staff providing client care and supervision.

CONDITIONS OF LIFE

80077.4 CARE FOR CLIENTS WITH INCONTINENCE

A client with bowel and/or bladder incontinence may be admitted to or remain in an Adult CCF if the licensee meets the following requirements:

1. Ensures that incontinent care products that meet the needs of the client are used whenever needed.
2. Assists clients who can benefit from a scheduled toileting program by:
 - a) Helping them with their self-care.
 - b) Reminding them to go to the bathroom at regular time periods rather than diapering them.
 - c) Keeping them clean and dry at all times.
3. Keeps the facility free from odors.
4. Ensures that prescribed bowel/bladder programs are designed by a licensed professional or designee. The person who designs the program must have training and experience in the care of persons with bowel/bladder problems and experience in developing retraining programs for establishing normal patterns of continence.
5. Ensures that clients are assisted with a structured bowel and/or bladder retraining program if one has been designed for the client.
6. Ensures that facility staff who are responsible for implementing the program have been trained by the licensed professional or designee who designed the program.
7. Obtains from the licensed professional or designee written instructions that outline client care procedures for facility staff to follow and documents the names of facility staff who received training.
8. Ensures that the licensed professional or designee reviews staff performance and evaluates the effectiveness of the program as needed, but at least once a year.

80077.4 CARE FOR CLIENTS WITH INCONTINENCE (Continued)

9. Checks clients' skin regularly to be sure skin breakdown, from exposure to urine and stool, is not occurring.
10. Ensures clients' privacy when incontinence care is provided.
11. Does not withhold fluids or catheterize clients to control incontinence.
12. Provides incontinent supplies when the client or his/her responsible person cannot do so.

CONDITIONS OF LIFE

80077.5 CARE FOR CLIENTS WITH CONTRACTURES

A client who has contractures may be admitted to or remain in an Adult CCF only if the licensee does the following:

1. Monitors the client's ongoing ability to care for his/her own contractures and follow the physician's instructions.
2. Ensures that care for contractures is provided by a licensed professional or trained facility staff when the client is unable to provide self-care.
 - a) Ensures that facility staff responsible for assisting with range-of-motion exercises or other exercises prescribed by the physician or therapist have received supervision and training from a licensed professional.
 - b) Obtains written documentation from a licensed professional that outlines the procedures for the exercises and the names of the staff who received the training.
 - c) Ensures that the licensed professional reviews staff performance as the licensed professional thinks is necessary, but no less than once a year.
3. Ensures there is a plan of care for contractures in an ARF or SRF that is developed by a licensed professional.

RESTRICTED HEALTH CONDITIONS

80092.1 GENERAL REQUIREMENTS FOR RESTRICTED HEALTH CONDITIONS

A client with a restricted health condition may be admitted to or remain in an Adult CCF if all of the following requirements are met:

1. The licensee is willing to provide the needed care.
2. Care is provided as specified in Article 8 (Health-Related Services) of the regulations beginning with Section 80090.
3. Either the client's condition is chronic (of long duration, continuing, constant) and stable (resistant to sudden change of condition), or will last for a limited time and is then expected to return to a condition considered normal for that client.
4. The client is under the care of a licensed professional.
5. Before admitting a client with a restricted health condition, the licensee must talk with all other persons who provide care to that client to ensure consistency of care for the medical condition.

80092.1 GENERAL REQUIREMENTS FOR RESTRICTED HEALTH CONDITION

(Continued)

6. Before admitting a client with a restricted health condition and before providing services to the client, a licensed professional must train facility staff so they will be able to meet all of the client's care needs.
7. If the client's condition changes, all staff providing care and services must complete any additional training that is necessary to meet the client's new needs, as determined by the client's physician or designee, who is also a licensed professional.
 - a) All new staff must complete training before providing services.
 - b) Training must include hands-on instruction in both general procedures and client-specific procedures.
 - c) All training must be documented in facility personnel files.
8. The licensee must ensure that facility staff receive instruction from the client's physician or designee to be able to recognize signs of a possible medical problem, even though staff are not licensed professionals; learn how to respond to these problems; and learn who to contact in emergencies.
9. The licensee must monitor the client's ability to provide self-care for the restricted health condition, document any change in that ability, and inform the following of that change:
 - Client's authorized representative (if any),
 - Client's physician or designee, and/or
 - Client's placement agency (if any).
10. The licensee of an ARF or SRF must develop and maintain, as part of the Needs and Services Plan, a Restricted Health Condition Care Plan. Additionally a Functional Capabilities Assessment shall be completed and used in developing the Needs and Services Plan (Section 80069.2).
11. The licensee must ensure that the client's health-related service needs are met and must follow the approved plan for each client.
12. The licensee must document any significant developments that bring about changes in the client's physical, mental and/or functional capabilities and report these changes to the client's physician and authorized representative.
13. The licensee must show he/she is following the Restricted Health Condition Care Plan by keeping records in the facility of all documentation that applies.
14. The licensee must report any change he/she needs to make in the care plan to the client's authorized representative.
15. The requirements specified in this section must not violate a client's personal right to receive or reject medical care or services.
 - a) If a client refuses medical services specified in the care plan, the licensee must immediately notify all persons identified (in #9 above) and must participate in developing a plan for meeting the client's needs.

80092.1 GENERAL REQUIREMENTS FOR RESTRICTED HEALTH CONDITION

(Continued)

- b) If unable to meet the client's needs, the licensee must give an eviction notice.
- 16. If the licensee wants to accept or keep a client in his/her facility who has a health condition not listed as one of the restricted health conditions (Section 80092), then the licensee must request an exception from his/her regional or unit office to allow that client. The general requirements for restricted health conditions must be met and the client must not have a prohibited health condition.

RESTRICTED HEALTH CONDITIONS

80092.2 RESTRICTED HEALTH CONDITIONS CARE PLAN

The written Restricted Health Condition Care Plan is part of the Needs and Services Plan, and must be completed in an **ARF** or **SRF** if the licensee chooses to care for a client with a restricted health condition. The Restricted Health Condition Care Plan is not required in an **ADC**, but the Needs and Services Plan in an **ADC** must address specific service needs. The licensee must make sure the client's health-related needs are being met.

The Restricted Health Condition Care Plan must neither require nor recommend that the licensee or any facility personnel or any other person providing care, other than a physician or licensed professional, put into effect any health care procedure that may legally be provided only by a physician or licensed professional.

In an **ARF** or **SRF**, the Admission Agreement must contain a statement that the client agrees to follow the Restricted Health Condition Care Plan developed for him/her. The Admission Agreement may be ended if the client refuses to follow his/her Restricted Health Condition Care Plan and his/her Needs and Services Plan.

The Restricted Health Condition Care Plan must include the following:

1. Documentation that the client, client's authorized representative (if any), the client's physician or physician's designee (who is also a licensed professional), and the placement agency participated in developing the plan.
2. Documentation by the client's physician or physician's designee of the following:
 - a) The stability of the medical condition.
 - b) Identification of the medical conditions that require services or procedures.
 - c) Indication of what services or procedures the restricted health condition requires.
 - d) Assessment of the client's ability to care for or perform the procedures needed.
 - e) Certification that the client does not require 24-hour nursing care and/or monitoring.
3. Identification of a licensed professional who will perform procedures if the client needs medical assistance.
4. Identification of facility staff who will provide clients with medical assistance that does not have to be performed by a licensed professional.
5. The name and telephone number of emergency medical contacts.

80092.2 RESTRICTED HEALTH CONDITIONS CARE PLAN (Continued)

6. A date specified by the client's physician or the physician's designee that indicates when all the parties (#1 above) will review the Restricted Health Condition Care Plan.
7. A signed statement from the client's attending physician that the plan meets medical scope of practice requirements.
8. A signed statement from the client's placement representative that indicates the representative has reviewed and approved the plan and he/she will monitor how the plan is carried out.

RESTRICTED HEALTH CONDITIONS

80092.3 USE OF INHALATION-ASSISTIVE DEVICES

A licensee of an adult CCF may admit or keep a client who needs to use an inhalation-assistive device if the licensee meets the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
2. Monitors the client's ongoing ability to operate and care for the inhalation-assistive device and to follow the physician's instructions.
3. Ensures that either:
 - a) The inhalation-assistive device is operated and cared for by a licensed professional when the client is unable to operate the device, or to determine his/her own need.

OR

- b) The inhalation-assistive device can be legally operated by an unlicensed person and can be cared for by facility staff once they have received supervision and training from a licensed professional.
 - The licensee must get written documentation from the licensed professional that outlines the procedures and names the facility staff who received the training.
 - The licensee must ensure that the licensed professional reviews staff performance as often as the licensed professional thinks it is needed, but at least once a year.
4. Ensures that:
 - a) The inhalation-assistive device is functional.
 - b) The inhalation-assistive device is removed from the facility when no longer prescribed for use by the client.
5. Ensures that the room containing the inhalation-assistive device is large enough so that clients and staff can safely move around when the device is in the room.
6. Ensures that facility staff have the knowledge and ability to care for the inhalation-assistive device.

RESTRICTED HEALTH CONDITIONS

80092.4 COLOSTOMY/ILEOSTOMY

A licensee of an Adult CCF may admit or keep a client who has a colostomy or ileostomy if the licensee meets the following conditions:

1. Ensures that the ostomy is completely healed, as documented by the physician, and that the client is mentally and physically capable of providing all routine care for his/her ostomy.
2. Ensures that a licensed professional assists with the care of the ostomy.
3. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
4. Monitors the client's ongoing ability to provide care for his/her ostomy in accordance with the physician's instructions.
5. Ensures that:
 - a) A licensed professional provides ostomy care when the client is unable to provide self-care.
 - b) Facility staff may change the ostomy bag and adhesive if the licensee makes sure the licensed professional meets the following requirements:
 - Trains and supervises the staff who will change the ostomy bag and adhesive.
 - Provides the licensee with written documentation outlining the procedures and the names of facility staff who received the training.
 - Reviews staff performance as often as he/she thinks is necessary, but at least once a year.
6. Ensures that waste materials are stored, located, and disposed of in a safe and sanitary manner that does not permit the transmission of diseases or odors, create a nuisance, or provide a breeding place or food source for insects or rodents. Waste storage containers must be emptied at least once a week to prevent any of the problems above. (See Section 80088(f)(2).)
7. Ensures privacy when ostomy care is provided.

RESTRICTED HEALTH CONDITIONS

80092.5 FECAL IMPACTION REMOVAL/ENEMAS/SUPPOSITORIES

A licensee of an Adult CCF may admit or keep a client who requires manual fecal impaction removal, enemas, or the use of suppositories if the licensee meets the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
2. Monitors the client's ongoing ability to follow the physician's instructions and provide his/her own routine care.
3. Ensures that a licensed professional performs the fecal impaction removal, enema, or inserts suppositories when the client is unable to do so him/herself.
4. Ensures that a licensed professional performs manual fecal impaction removal when necessary.

RESTRICTED HEALTH CONDITIONS

80092.5 FECAL IMPACTION REMOVAL/ENEMAS/SUPPOSITORIES (Continued)

5. Ensures privacy when care is being provided.

RESTRICTED HEALTH CONDITIONS

80092.6 INDWELLING URINARY CATHETER & PROCEDURES

A licensee of an Adult CCF may admit or keep a client who uses an indwelling catheter if the licensee meets the following conditions:

1. Ensures that the client is physically and mentally capable of caring for all phases of the condition except for insertion, removal and irrigation of the catheter.
 - a) A licensed professional must follow the physician's orders when he/she irrigates the catheter.
 - b) A licensed professional must insert and remove the catheter.
2. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
3. Monitors the client's ongoing ability to care for his/her catheter in accordance with the physician's instructions.
4. Ensures that :
 - a) A licensed professional will provide catheter care when a client is unable to provide self-care.
 - b) If a licensed professional has facility staff change the catheter bag and tubing, and empty the catheter bag, the licensed professional must meet the following requirements:
 - Trains and supervises facility staff before they are allowed to change catheter bags and tubing, and empty catheter bags.
 - Gives the licensee written documentation that outlines the procedures and the names of facility staff who received the training.
 - Reviews staff performance as often as he/she thinks it is needed, but at least once a year.
5. Ensures that the information provided by the licensed professional (as in #4 b above) is kept on file.
6. Ensures that the licensed professional inserts, removes, and irrigates the catheter, or performs any other required catheter care.
7. Ensures that waste materials are stored, located and disposed of in a safe and sanitary manner that does not permit the transmission of diseases or odors, create a nuisance, or provide a breeding place or food source for insects or rodents. Waste storage containers must be emptied at least once a week to prevent any of these problems. (See Section 80088 (f)(2))
8. Ensures privacy when care is provided.

RESTRICTED HEALTH CONDITIONS

80092.7 STAPH OR OTHER SERIOUS COMMUNICABLE INFECTIONS

A licensee of an Adult CCF may admit or keep a client who has a staph infection or other serious communicable infection if the condition is being cared for by a licensed professional and if the licensee meets the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
2. Obtains a statement from the client's physician that the infection is not a risk to other clients.
3. Monitors the client's ongoing ability to care for his/her own condition by following the instructions of the licensed professional who is managing the client's care.
4. Ensures that if a licensed professional has facility staff perform certain phases of the client's care, the licensed professional:
 - Trains and supervises facility staff before allowing them to care for the client.
 - Gives the licensee written documentation that outlines the care procedures and names facility staff who received training.
 - Reviews staff performance as often as he/she thinks is needed, but no less than once a year.
5. Ensures that a licensed professional evaluates the infection at regular periods of time to decide whether the treatment is effective. The physician or the physician's designee must decide how often the infection should be evaluated.
6. Ensures staff are trained in and follow universal precautions and any other procedures the licensed professional recommends to protect the infected client, other clients, and staff.
 - a) Facility staff must be trained before they provide care to clients with these infections.
 - b) Training in universal precautions may be given in the facility, or staff may attend training given by a local health agency, county health department, or local training resources.
7. Ensures that all care performed in the facility by the licensed professional and facility staff is documented in the client's file.

RESTRICTED HEALTH CONDITIONS

80092.8 INSULIN-DEPENDENT DIABETES

A licensee of an Adult CCF may admit or keep a client who has insulin-dependent diabetes if the licensee meets all of the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
2. Ensures that the client is mentally and physically able to perform his/her own glucose testing and to self-administer his/her own injectable medication, or that a licensed professional gives the tests and injections.
3. Ensures that if a licensed professional has trained facility staff to do the glucose testing, the following conditions are met:

RESTRICTED HEALTH CONDITIONS

80092.8 INSULIN-DEPENDENT DIABETES (Continued)

- The blood glucose monitoring instrument used for the blood glucose monitoring test is approved by the Food and Drug Administration for over-the-counter sale.
 - The licensed professional supervises the trained facility staff who perform glucose testing.
 - The licensed professional provides the licensee with written documentation that outlines the procedures and the names of facility staff who were trained.
 - The licensed professional reviews the facility staff's ability to care for clients as often as the licensed professional thinks it is needed, but no less than once a year.
 - Facility staff must follow the licensed professional's instructions on performing the glucose test and operating the blood glucose-monitoring instrument.
 - Facility staff must immediately report any glucose test results that are not within the normal range for the client to the client's physician.
 - All glucose test results performed by facility staff are documented and kept up to date in the client's file.
4. Ensures that sufficient amounts of medicine, testing equipment, syringes, needles, and other supplies are available and stored properly at the facility
 5. Ensures that injections are given immediately after a syringe is filled unless the client is using pre-filled syringes prepared by a registered nurse, pharmacist or drug manufacturer. RN must not set up insulin syringes for more than seven days in advance.
 6. Ensures that syringes and needles are immediately put into an appropriate container such as a "sharps" container. These containers must be puncture resistant, labeled and leakproof on the sides and bottom.
 - a) Contaminated needles and other contaminated sharps must not be bent, recapped or removed. Shearing or breaking of contaminated needles is not allowed.
 7. Provides a modified diet when prescribed and as specified by the client's physician. Any substitutions must be made by the facility dietician or in consultation with a registered dietician, the client's physician, or a licensed professional.
 8. Provides a modified diet as specified by the client's physician or family or primary caregiver in an **ADC** or **ADSC** that provides food.
 9. Ensures that facility staff who provide care are trained to recognize the signs and symptoms of hyperglycemia and hypoglycemia and to take appropriate action for client safety.
 10. For clients who provide self-care, the licensee:
 - a) Monitors the client's ongoing ability to perform his/her own glucose testing and gives his/her own medication by following the physician's instructions.
 - b) Assists clients with self-administered medications as allowed and identified in regulations Sections 80075(a)(2)(D), (b), (c), (d), (e), (m), (n), and (o).

RESTRICTED HEALTH CONDITIONS

80092.9 WOUNDS OR STAGE 1 OR 2 DERMAL ULCERS

A non-serious wound, including, but not limited to, a minor cut, puncture, laceration, abrasion, or first-degree burn is not affected by this section.

A licensee of an Adult CCF may admit or keep a client who has a serious wound if the licensee meets all of the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See pages 12-14.)
2. Ensures that the wound is either an unhealed, surgically closed incision or wound or a Stage 1 or stage 2 dermal ulcer, and that the physician expects the wound to return to a normal state.
3. Ensures that a licensed professional providing wound care is following the physician's instructions.
4. Ensures that if a licensed professional has facility staff apply a simple dressing to a client's wound, the licensed professional meets all of the following conditions:
 - Trains and supervises facility staff before they are allowed to change the dressing.
 - Provides written documentation to the licensee that outlines the procedures and names of facility staff who received the training.
 - Reviews staff performance as often as the licensed professional thinks it is needed, but at least once a year.
5. Ensures that facility staff may change dressings in **ADCs** or **ADSCs** if the licensed professional or the client's family or the primary caregiver trains them.
6. Ensures that a licensed professional evaluates the healing and treatment of the client's wound at regular times set by the physician or physician's designee.
7. Ensures that the licensed professional and facility staff keep up-to-date written documentation on all of the care they are providing to the client in the client's file.

RESTRICTED HEALTH CONDITIONS

80092.10 GASTROSTOMY FEEDING, HYDRATION AND CARE

A licensee of an Adult CCF may admit or keep a client who needs gastrostomy care, feeding and/or hydration if the licensee meets all of the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions). (See page 12-14.)
2. Ensures that the physician documents that the gastrostomy is completely healed.
3. Monitors the client's ongoing ability to provide all routine feeding, hydration, and care for his/her gastrostomy as the physician instructed.
4. Ensures that the licensed professional provides gastrostomy feeding, hydration, medication administration through the gastrostomy, and stoma cleaning when the client is unable to provide his/her own self-care.

RESTRICTED HEALTH CONDITIONS

80092.10 GASTROSTOMY FEEDING, HYDRATION AND CARE (Continued)

5. Ensures that a licensed professional may have facility staff, who are trained and supervised by a licensed professional, perform only the following gastrostomy care:
 - Feed, hydrate, and clean the stoma.
 - Add routine medications through the gastrostomy by following the physician's or nurse practitioner's orders.
 - Add PRN medications through the gastrostomy as specified in regulation Sections 80075(b) through (e).
6. Ensures that if a licensed professional has facility staff help with the gastrostomy care specified in #5 above, the licensed professional meets all of the following conditions:
 - Trains and supervises facility staff before they are allowed to help with the gastrostomy care specified in #5 above.
 - Provides the licensee with written documentation that outlines the procedures and names of facility staff who received the training.
 - Reviews staff performance as often as the licensed professional thinks it is needed, but at least once a year.

RESTRICTED HEALTH CONDITIONS

80092.11 TRACHEOSTOMIES

A licensee of an Adult CCF may admit or keep a client who has a tracheostomy if the licensee meets all of the following conditions:

1. Complies with Section 80092.1 (General Requirements for Restricted Health Conditions).
(See pages 12-14.)
2. Ensures that the client is mentally and physically able to provide all routine tracheostomy care and that the physician has documented that the tracheostomy is completely healed, or that a licensed professional provides tracheostomy care when the client cannot provide self-care.
3. Monitors the client's ongoing ability to provide all routine care for his/her tracheostomy and to follow the physician's instructions.
4. Ensures that if a licensed professional has facility staff do routine tracheostomy care, the licensed professional meets all of the following conditions:
 - Trains and supervises facility staff before they help with routine tracheostomy care.
 - Provides the licensee with written documentation that outlines the procedures and names of facility staff who received the training.
 - Reviews staff performance as often as the licensed professional thinks it is needed, but at least once a year.